



Chinese American Parents and Students Association

CAPSA Newsletter 2011

A Letter from the President

會長的話

Brigitta Dai

梁麗珠

親愛的孩子，親愛的家長，親愛的志工及我們CAPSA大家庭的成員：

又是到了這個又難過又開心的時候了，難過，是因為十二年級的大哥哥大姐姐要離開我們了。開心的是，你們的英語能力，你們的言行，你們的學業，又百尺竿頭更進一步了，而且這些十二年級的大哥哥大姐姐將上大學去，進入他們人生路途的另一重要階段。在我們CAPSA大家庭內，大家看著你們成長，著壯，獨立，前往大學去求取更高更深的教育，看著你們留在CAPSA的努力成果和優秀榜樣，我們會感念你們的奉獻。

有多少個週六清晨，你們抗拒溫暖被窩的誘惑，勇敢投入刺骨寒風來CAPSA，在家長志工愛護下努力學習，不論是小老師，不論是受教學生，在“教”“學”，在人事處理上，都有長足的進步。一晃眼，你們從羞卻，怕生，不知把自己安放在那裏的不安，一點一點，慢慢地都變成信心滿滿，胸有成足的樣子，那麼挺拔，那麼俊秀，那麼美麗，不怕困難的幹勁，讓人感動不已。我要謝謝各位家長，把孩子們帶到CAPSA大家庭來，讓我們分享孩子們的成長，分享孩子們克服困難努力向前的心志。

這裏，我要寄語上大學的大孩子們，奔向挑戰的前途，你也要眼觀四方，好好準備自己，充實自己，享受高空衝刺飛翔的樂趣，也要看看藍天底下的村鎮，飛累的時候，駐足底下的村鎮休息休息，吸取陰雨或風暴過後的寧靜並自我的省思。就像給饑渴的汽車油缸加加油再努力向前。

我也要同還沒有去上大學的孩子們說幾句話，暑假就到了，你們做計畫了嗎？也許你計畫下學期拿AP課，也許你想再加強一點SAT能力，也許你想讀幾本課外書，也許你計畫同家人出門訪親友，也許你想利用暑假加強閱讀和書寫能力，也許計畫-----。我這兒建議你每天做一件善事，做一件使家人開心的事，（你也會開心的）。小小一件事，例如：幫忙把垃圾拿出去，把垃圾筒收進來，把掉在地上的東西撿起來，把碗盤杯拿到廚房臺上，或者你只說一句“媽媽（爸爸）我好愛吃你煮的東西，媽媽（爸爸）我好愛你耶！”。做一件小小善事，不但家人快樂，你也快樂了。

最後祝大家暑期。平安!!!健康!!!快樂!!!

2011 Carol Chen Memorial Essay Award for Community Service

Mrs. Carol Chen (1938-2009) was one of the founders of CAPSA in 1988 and was an active and influential member of the CAPSA Advisory Board. She had an amazing career in the Montgomery County Public Schools (MCPS) since 1977, serving in many positions and ultimately as a parent community coordinator/specialist focusing on ESOL students and their families. Her legacy will endure in the hearts of all who had the privilege of knowing her. The Memorial Essay Award was created to honor her extraordinary contributions to the community and to celebrate her love for writing.

CAPSA would also like to express its gratitude to the Award Selection Committee members: John Li, Tina Li, and Karen Shih.

First Place Winner

Best Buddies

By Kaiwei Hsu

When I first joined the Best Buddies Club, I was honestly just looking for an extracurricular to add to my resume. However, as I delved into the true purpose of the organization, I discovered a whole community that had gone unnoticed. Whitman's Best Buddies Club is part of an international organization founded to provide a better high school experience for students who have mental disabilities. Under this mission, these students are paired with regular education students to create true connections.

Flashback to sixth grade gym class: two friends and I had formed a badminton team for an upcoming tournament. We were dismayed when our teacher split us up and paired me with Anna (name has been changed), an awkward-looking girl standing by herself. My friends threw me glances of pity, grateful that they were spared the "burden" of being with this girl. Anna looked completely out of place, with wild, frizzy brown hair and an ill-fitting T-shirt. She also had autism. I was annoyed that, solely by association, my friends had no interest in practicing with me; but the real irritation stemmed from being partnered with a girl who couldn't look me in the eye, much less serve.

Three years later as I walked into my first Best Buddies meeting, I saw the same girl with the wild, frizzy brown hair, still looking out of place. I was relieved that Anna didn't remember me from gym class because I wasn't proud of how I had judged her. I was being given a second chance to get to know her and, by the end of the meeting, I requested to be partnered with her. Anna became my "buddy" and we have been good friends ever since.

In these two years, Anna has taught me the true meaning of friendship. We have watched movies together, celebrated Halloween at the pumpkin patch, and dressed up for school dances. Through Best Buddies, I have seen a glimpse of high school from a different perspective. While other students are complaining about the food in the cafeteria, Anna is worrying about who to eat lunch with. While my friends are gossiping, Anna is wondering if anyone will talk to her in class. High school can be a lonely place when you don't have friends. So as I sit with her, comparing the items that are in our bag lunches, I am aware that my friendship is special to Anna, that I have made high school a little less intimidating for her. What she will never understand is that her friendship has made *me* a better person. Maybe I have not benefitted the entire community, but I know I have made a difference in Anna's life – and to me, that's a start.

Second Place Winner**Food for Thought****By Tiffany Keung**

After endless hours, I emerged from the kitchen covered in flour with streaks of butter highlighting my hair. I had fought the good fight and managed to cook forty servings of mashed potatoes, lasagna, and biscuits – all of which were neatly packed away into large aluminum pans and stored in the car trunk for transportation.

Let me explain: as a sophomore I founded a cooking club at my school; to date we have almost seventy members and we have cooked and donated approximately 2,700 meals for homeless people all over the county.

On the eve of my first trip to the homeless shelter, I ran around the house frantically trying to prepare: finalizing the pan count, calling club members to make sure they were coming, and producing as much food as my kitchen could handle.

My father and I arrived at the shelter early to set up and begin heating dinner – in a kitchen no larger than eight square feet, we had to reheat twenty-five large pans of food in four tiny microwaves. The problem was that the shelter could not afford an oven, and our pans were far too large to fit in any microwave. Still, we scrambled around the kitchen for a couple of hours, burning ourselves on melted plastic plates and scorching hot pasta sauce until the 200 homeless men at the shelter finally began lining up.

By then all the club members had arrived and they stood by the feast we had created, smiling with ladles in hand. All of my anxiety disappeared as I handed a Styrofoam plate to the first man in line –

elderly and confined to a wheel chair, he nevertheless greeted me with a smile. For the next hour, face after thankful face passed by and filled their plates sky high.

My father recognized one man in particular who had once been a mighty Hercules – he used to work for a moving company where he could do the work of four men. But one would have never guessed that looking at him now, his body frail and ravaged by terminal illness.

All of these men, I realized, were going through particularly hard times: some were desperately trying to find employment to no avail, some had been put on the streets by the sagging economy, and some were too old or sick to support themselves any longer. This could have happened to anyone, even you or me. Too often we ignore the less fortunate, as if they are somehow below us. But the truth is, people are people. We all have good times and bad times, and we can only hope that someone is willing to help in our time of need.

At CAPSA, I guide young students, hopefully leading them toward a future off the streets and in safe homes. But in my free time, I guide the less fortunate off the path of destruction and help nourish their bodies to fight another day.

To find other volunteering opportunities, please visit www.mcpsssl.org.

Click on 'Find Opportunities Now'. Preapproved organizations are tagged 'Approved SSL MCPS' and preapproved opportunities are tagged 'MCPS SSL Approved'.

Both the organization and the opportunity must be approved.

Third Place Winner

Red, White, and Blue Votes

By Jackie Kwan

Although all community service benefits those around us, I found one experience particularly memorable because it combined my desire to encourage others to vote and fight against our nation's adversities.

During the summer of 2010, I volunteered to help Saqib Ali's campaign for State Senate. For one month, I organized canvassing routes, conducted voting surveys, and advocated his points of views to all potential Democratic voters. Although the group goal was to ease his campaign stress, I want to help convince people to vote and to pay attention to the problems the economic downturn has caused.

According to the Federal Election Commission, only around fifty percent of Americans vote today. At the time of my volunteer work, I had just finished taking a government class and I wanted to actively raise the numbers of voters in our area. Consequently, I joined Ali's team to assert the importance of voting while persuading those listening to vote for Ali.

For the first two weeks, I created lists of Democratic voters in our area that could vote for him and would canvass and call citizens in order to convince them of our views and to promote voting. Out of the few hundred people that I personally talked to, over half agreed to vote in the upcoming election.

By participating in this activity, I stressed the importance of voting and active participation in our legal system. In

addition to this, I also taught voters the prominent issues of our time. Each time I asserted the value of voting, I also revealed current problems to the community. Everyone has an opinion on how they want the government to run and each want to make their dreams real.

I joined Ali's team for many reasons. He champions the causes I support. I particularly believed in his view to provide convenient and cheap transportation from Maryland to Virginia, to protect our state's natural resources by rejuvenating the Chesapeake Bay and controlling water pollution, and to fight for consumer rights through cessation of toxic chemicals in children's toys and products. His confidence and passion to better Marylanders' lives could then be introduced to those our group talked to and shed light on how despite the current recession, these issues are significant to everyone and help create awareness of how we should all help to make it happen.

Voting in America has fallen in precedence over the last few decades and my community service was my attempt in trying to emphasize its magnitude.

By the time voting day came, voter turnout was higher than the last two state senate elections, and I knew that I had achieved my goal. Although Ali did not win, I am glad that my efforts increased the percentage of people voting.

Did you know?

In addition to tutoring, CAPSA also:
Puts on cultural displays at local libraries, schools and the Rockville Civic Center; offers Chinese paper cutting demonstrations at local events; and provides workshops for parents covering parenting and educational topics.

Honorable Mention**A Force to be Reckoned With****By Alice Chang**

The pages of history are populated with those that dared to defy the social norm and emerge as leaders of innovative thinking.

A more recent addition to the legacy of noteworthy figures, Mrs. Carol Chen was a veteran in the field of volunteer work, perhaps best known for her work with ESOL students in Montgomery County Public Schools. From my personal experiences as a CAPSA tutor, I realize that I propagate valuable morals among pupils, learning indispensable work ethics in return.

As a CAPSA mentor, I carry the responsibility of being a role model. As volunteers, we each contribute to provide the nourishing learning environment that fosters CAPSA's unblemished reputation. More specifically, I have discovered that to effectively send a message, we tutors must practice consistency in our moral encouragement.

A particular example comes to mind – at the beginning of the last school year, my tutee had been unaccustomed to using her agenda book. Week after week, I would nudge her to record assignments down in her schoolbook. Week after week, she would helplessly forget, until one day, finally, she proudly whipped out her agenda book and, with a flourish, flipped to a page filled with various recorded reading, mathematics, and language assignments.

I was so proud.

For the first time, I became aware of the difference I was making in my tutee's life.

CAPSA also offers me the pleasantly surprising opportunity to reflect on life in general. Perhaps due to the constant, weekly reading exercises I gave to this year's tutee in order to strengthen his language recognition skills, I observe him being more at ease with the English language, more willing to hold conversations with me in, rather than his mother tongue of Chinese, but this unfamiliar language that has surrounded his life all within the past few months.

Clearly, perseverance and practice really does pay off. I wish I could take complete credit – after all, I had detailed a learning plan that included exploring more complex literature as the weeks progressed – but I know that it is the combined motivation of myself and Justin that generated results.

Who would have ever thought that after a mere two months in these foreign American lands, he would be able to maintain a fluent English conversation with a native speaker such as myself? I was certainly in for a pleasant surprise. CAPSA reinforces the virtues of hard work and determination.

CAPSA is the medium for Chinese immigrants and Chinese Americans to congregate as an amalgam of learning spirit and a reservoir of support. By advancing and educating Chinese students and immigrants, our community gains a voice and a say in the future. We shape the course of our destiny, and through CAPSA, we control our fates.

We, the Chinese citizens of the world, are truly a force to be reckoned with.

Honorable Mention**Never Forget****By Danting Liu**

If I closed my eyes and stopped thinking of the heat, I might forget that the temperatures could ever be so high. If I lay down and couldn't sleep, I might forget that I was ever tired. If I walked through a street littered with dirt, I might forget the meaning of cleanliness. But if I ever stood in front of another classroom full of passionate and enthusiastic faces, I would never be able to forget and replace the love, lessons, and experiences that I had gained and learned in Shandong, China.

If I were to ever think back to my adventures this summer, the first thought that would come into my head may be the heat that shocked all the volunteers. That is usually what the first thoughts of Shandong are like: the heat, the dirt, the food, and the long hours of class.

Over time, these memories have slowly faded into the back of my mind, yet they will never be forgotten. If I were to delve deeper into my memories, all I would be able to see are forty-four tired, yet eager middle school students, my students, in my very own class. I taught and they learned, I joked and they laughed, but soon, they taught and I learned, they joked and I laughed.

First, we were teacher and students, then friends and companions, and finally, just one family. This family - this rare and

precious family- will never be forgotten. If I tried to remember my goal, I would think of my mission to educate those students on what they might have never learned. I taught them English, American culture, social studies and so much more. Unexpectedly, I taught them something else that they taught me also: hope. While I showed them that life is not restricted to Shandong, they showed me that the simplest problems or even the most extravagant setbacks are all part of life that can be overcome. The hope that we gained and shared was extraordinary, and that will never be forgotten.

If I were asked what impact I had left on those students, I would wonder how much my two week volunteer experience had actually affected those forty-four children. The true amount of impact that I left, I will never know.

Perhaps in a few years they may not remember me or even that the two weeks that I spent with them had ever existed. All I know is that I had opened a door to their enclosed world, a door that will allow them to pursue bigger dreams in the future, a door that I hope will remain open forever, in dreams and in memory.

If I were to remember the saddest moment of my volunteer experience, I would think of when I had to leave. One of my students asked me if I would ever forget about them. As the reminiscence of everything that happened surfaced, I knew my reply.

I will never forget.

Helpful Tutoring Tips:

- Bring some fun reading materials. It's hard to get excited about words when you're just reading a textbook. Get to know your tutee and their interests, and try reading some short, fun magazine articles together.

Honorable Mention**The CAPSA Impact****by Irene Yang**

Three years ago, I had the fortune of starting off CAPSA in the middle school group with my wonderful tutee, Hana Yen. Unlike many other tutors, I never had to chase my tutee around or use bribery to teach her anything. Instead, she was attentive and quickly understood everything I taught her. Sometimes she even made me wonder: Who is smarter here, the tutor or the tutee? Everything went smoothly as I remained relatively unchallenged in any way. It wasn't until a year or so later was I reminded why CAPSA is necessary.

In the previous year, I was accepted into a leadership group at Wootton High School called Patriot Ambassador. The new student orientation was the second major event I was involved in. As a new, underclassman ambassador, I expected to be assigned the generic duty of guiding any lost freshmen that came my way. But to my surprise, the teacher heard that I spoke decent Chinese and requested that I give two foreign upperclassmen a tour around the school. I quickly agreed, happy to use my bilingual skills to help the team.

As the Chinese students and I walked and talked, they told me how nervous they were to start a in a new

school. One of the two had come straight from China and knew he would have a rough start in America. I met the ESOL teacher who didn't speak Chinese. It worried me to know that there wasn't a specific place in the school where they could seek tutoring help in Chinese. I immediately told them about the CAPSA tutoring program whose purpose is to help students like them. Though they never came to CAPSA, I realized how important CAPSA is to the community. I realized that we tutors are a part of something bigger than ourselves.

A year has past since that realization; my tutee has grown up and began tutoring and I have been moved to high school group. I no longer have the comfortable job of teaching in English. I swear, teaching in Chinese isn't as easy as it seems. I have learned plenty of chemistry terms I have never heard of in Chinese as a process of teaching chemistry in Chinese. I have used comical gestures and doodles to help a student memorize biology terms. I have lost my breath trying to use descriptions to explain idioms.

Occasionally I become exasperated and I wonder if my efforts are all for naught.

But I think about those two foreign students I met a while back, quickly dismiss those thoughts and try my best to overcome the language barrier to teach my tutees to the best of my abilities.

Helpful Tutoring Tips:

- Students are easily distracted. Make sure you choose a relatively quiet area. Avoid areas that have popular attractions like a pencil sharpener or water fountain.
- Clear the desk of other materials so the student can focus on the subject at hand. Put books for other subjects out of sight.
- Some students may even benefit if you physically block out parts of the page or material they are not working with.

Honorable Mention**The Power of Knowledge****By Valerie Hu**

After hearing about CAPSA from my friends, I walked into the cafeteria on the first day of tutoring, glancing around at the abundance of tutors and tutees crowded around the lunch tables.

Somewhat groggy from waking up before noon, I sat down and prepared to meet my tutee, playing out the possible scenarios in my head. Based on what I'd gathered from what my friends' descriptions and my first impressions, I'd concluded that the next two hours – and every two hours from that week forward – would consist of me helping my tutee with homework and receiving SSL hours. And not much else.

Upon meeting, we quickly introduced ourselves. I was told that she had been having trouble with reading and writing, so for the next 36 weeks, my goal was to help sharpen her reading and writing skills. Week after week, we worked diligently, reading chapter after chapter, writing sentence after sentence.

To my surprise, each week was like taking one step further into a great bond between my tutee and me. We started off discussing spelling and punctuation, but soon enough, one comment about word choice turned into a five minute discussion about a movie that we'd seen recently.

Our connection grew stronger as the weeks passed, especially after she showed me pictures of her family that she included in a project. It was then that I really got a sense of who she was and

what background she came from. After weeks of tutoring, I met her parents and siblings, and the smiles on their faces were enough to tell me that I had been doing my job as a tutor.

After the first marking period I'd spent with her, my tutee came in with a report card and showed me her English grade, which had improved by one full letter grade.

Seeing her grades jump made me feel accomplished, but somehow the goal that I had set at the beginning of the year seemed insufficient. Her parents' satisfaction, repeatedly hearing the "ohhh, I get it!"s that she exclaimed after finally understanding difficult topics, and discussing topics for minutes on end made tutoring every week worth the time. Relating school topics to aspects of life and culture in a way that tutees could understand them was what I found most challenging, yet rewarding about being a tutor.

Not only has CAPSA allowed me to help improve someone else's grades, but it has motivated me to contribute more to my community.

After three years of tutoring, I can finally say with a smile that I understand what CAPSA is.

CAPSA is a place where the tutors teach the tutees and the tutees, in their own way, also teach the tutors. It is a place where traditional school topics extend beyond the classroom into extensive areas of pop culture and American life.

Now, instead of being the one hearing about CAPSA from my friends, I can be the friend who tells others about CAPSA and knows the value behind giving my time to benefit other promising young individuals.

Honorable Mention**A Little Donation Goes A Long Way****By Kathy Chen**

Student service learning. I had always associated that term with doing dreadfully boring volunteer work. However when I actually started to volunteer and experience it first hand, I realized that it was so much more.

I first started volunteering at a program called Drive for Supplies 4 years ago when I was forcibly dragged along by my sister. Drive for Supplies is a project that collects donations of new or gently used school supplies to give to needy students or teachers. Coincidentally, a while back, at my school there was a donation box for the program and I donated my unused purple folder with my name still on it.

When I arrived in the building, I was told to unpack and sort the boxes and as I did, I began to see familiar school names labeled on the boxes that I was opening; Thomas S. Wootton, Robert Frost, Montgomery Blair just to name a few. Schools from all over Montgomery County had donated dozens and dozens of boxes of school supplies.

After several days of sorting, it was finally the day of pick up where anyone could come in and take whatever supplies they needed—for free. Every person that walked through the door left looking extremely grateful, but there was one particular incident which really got to me.

A little boy came in with his mother towards the middle of the day. As I helped the little boy pick out supplies he

needed, I noticed how happy he was. He was not upset by the fact that he would have to use second hand supplies or that some of the binders or notebooks he took had another kid's name on it.

It surprised me because I remembered that when I was his age, I would get angry when mother made me reuse my sister's old folders or binders and yet, this little boy was smiling.

Curiously, I asked him why he was so happy and still grinning he said, "Before, I always had to ask my friends and classmates to borrow scissors or paper, but now I have supplies that are all my own!" His answer was so childish and so simple, yet still so sincere. As he left, he dropped on the folders and I picked it up, and as I did, I realized it had my name on it—it was the one that I donated a while back at my school.

After seeing how happy he was, it made me feel really great that I contributed to this little boy's happiness. Something that I did not even think twice about was going to a greater cause than I ever would have thought.

Ever since then, not only have I donated to Drive for Supplies, but I have encouraged my friends and schoolmates to donate, too. After seeing how happy the little boy was about getting his own school supplies, I want to spread that happiness to others.

Want to help?

You can drop off donations in the cafeteria at Richard Montgomery High School (250 Richard Montgomery Drive, Rockville, 20852) during business hours, *July 11-15, 2011*.

For more information, email Karen_L_Crawford@mcpsmd.org.

Honorable Mention**My Own Way
to Give Back****By Tiffany Sun**

I began figure skating in first grade and after three years of Saturday practices, I was in *freestyle three*, able to spin and jump with ease. However, sit spins and toe loops needed to be replaced with camel spins and lutzes. I was going to need new skates and a private coach to become competitive. Needless to say, I ended up choosing to quit skating because it was too expensive. Since then, I have stopped skating lessons.

It wasn't until I volunteered with LESA that I was able to skate again. LESA stands for *Leading Edge Skating Assembly*, a student-led organization that helps kids with short track speed skating. There, volunteers help with speed skating practices, either dry-land or on-ice. There were around thirty skaters total, but I would only have to watch over the younger ones. Many of them were only in first or second grade and have either never skated before, or have only skated for a very short time.

But practices were grueling; speed skaters have to get in shape and perfect their form by running laps, doing drills, and testing their endurance. As a result, many of the kids were rowdy, inattentive, or exhausted. I remember once when the exercise was particularly painful, a couple of kids were trying to hold back their tears. It was then that I would have to comfort them and encourage them to finish practice. One girl would later tell me how proud she was that she was able to finish something that hurt so much.

As practice continued, I would usually watch over a select number of students that needed more attention, either because they were beginners or because they were disabled. Sometimes, I would have to dedicate an hour to getting someone new acquainted with speed skates.

And although it doesn't seem like it, it takes a lot of energy to get a couple kids to pay attention to their lesson! One of my favorite kids would often give up, and it was up to me to motivate him and help his skating get better. Though he had ADHD and could be a handful at times, he grew on me and slowly, I could tell that he was also becoming more focused and his skating was improving. In fact, I remember the first practice I was at, he didn't even want to skate; instead, he kept asking me to retie his speed skates.

In the end, I realized how community service can be truly rewarding. Though what I did wasn't going to change the world anytime soon, I still know that I was able to be a part of someone's life, helping them through their own journeys of personal discovery. I may have only helped kids with skating, but in return, I was able to use my own experiences of skating and share them with others. Ultimately, it's important to realize the worth of community service. It's not about the number of SSL hours, but the total experience gained.

Did you know?

CAPSA was founded in 1988 as a 501(c)(3) non-profit organization to help new immigrants and other needy families in adjusting to America. Since its founding, CAPSA has grown to over 250 members.

Honorable Mention**The Reason I'm Here****By Angela Zheng**

A few weeks ago, during the lull in the activity of a CAPSA session, one of my fellow coordinators asked me, "So why are you doing this job this year?"

I reflected on her question. Why was it that I'd given up the chance to sleep in on Saturday mornings to come to CAPSA?

I remembered my first year tutoring, as a ninth grader with little prior experience. My tutee, Elizabeth, guided me as a tutor as much as I helped her as a student. Explaining algebra to someone else, for example, went far beyond merely knowing how to do it; writing out parts of speech or asking about the ideas and themes in a book helped me learn about how best to help her. The process of learning from each other impressed itself on me over the years. And I'd feel a thrill every time something made sense to my tutee – I realized that giving others the tools to gain knowledge is as important as learning information for myself.

Elizabeth's now a tutee herself, and the cycle of learning and teaching goes on.

Being a coordinator has helped me see this cycle from a different point of view. My perspective is now much wider, as I can see the learning on a broader scale for many pairs of tutors and tutees. My

role in the process has changed as well, since I am now a mediator in the process – a job that comes with its own challenges.

As I discovered after weeks of taking attendance, the chance that the match-up list on paper corresponds perfectly to the attendance is slim, especially in the high school group.

Admittedly, it's sometimes discouraging to see empty spaces at the tables where students should be sitting and learning. But I remind myself that the flow of thought and effective communication between tutor and tutee, when activated, is a powerful force. Many of the students in the high school group need precisely this type of connection to help them grasp knowledge in a new environment.

My goal as a coordinator is thus to encourage these positive interactions. To strengthen the community and to allow knowledge to be passed on and shared, as fully as possible – that's why I'm here.

To read the read all of the essays submitted, please visit our website:

<http://www.capsatutoring.org>

There, you can also find more information about CAPSA tutoring, including various forms, officer positions, calendar of events and past photographs.

More Helpful Tutoring Tips:

- When they finish their work, encourage them to do some free writing. Writing a short story or a diary entry can be great writing practice.
- Make sure the student understands what they need to get done. Do the first problem or some examples together.
- Encourage the student to work independently on material that comes more easily to them.

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本會贊助人

CAPSA would like to thank the following Friends of CAPSA whose donations help us greatly in facilitating our weekly tutoring program, cultural displays and other volunteer services.

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Name 姓名

Street Address 地址

City 市

State 州

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Enclosed is my/our donation of 茲附上我(們)的捐贈:

\$ _____	\$2000 and more 或以上	Diamond 鑽石
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\$ _____	\$100 - \$499	Silver 白銀
\$ _____	\$50 - \$99	Bronze 青銅
\$ _____	\$5- \$49	Brass 黃銅

Please make check payable to CAPSA. 支票請寫 CAPSA。

Your contribution will help us greatly in facilitating our weekly tutoring program, cultural displays and other volunteer services. CAPSA is a 501(c)(3) non-profit organization. Your donations are tax-deductible to the full extent allowed by law. For more information, please call Mrs. Brigitta Dai at (301) 294-2329. Thank you.

您的捐贈將對我們的學生課業輔導、文物展覽及其他義工服務有極大的幫助。本會
是屬於501(c)(3)的非營利組織，您的捐贈在法律允許下是免稅的。

詳情請與梁麗珠老師聯絡 (301) 294-2329。謝謝！

2010 -2011 CAPSA Community Events

Thank you to all the volunteers for helping out with paper cutting and cultural displays throughout the school year.

以下是CAPSA 2010 -2011做的公益事、謝謝所有義工的協助

- ❖ 10/16/2010 王淑華、吳美芳、羅茵蘭、鄭凱琳、孫郁婷參加在Aspen Hill 圖書館提供剪紙服務 · Aspen Hill Library paper cutting: Sue Yang, Meeifong Wu, Inlan Lo, Catherine Cheng and Tiffany Sun.
- ❖ 11/03/2010 梁麗珠、何杏芳、吳美芳、黃凱佑為Norwood School 文化風俗活動提供剪紙服務 · The Norwood School Multicultural festival paper cutting: Brigitta Dai, Betty Ho, Meeifong Wu and Kyle Hwang.
- ❖ 11/28/2010 蔡芳、蔡啟華、曹方圓、關力潔參加在Rockville Civic Center舉辦的聖誕樹大展、以各式精美的中國小掛飾、裝飾出具有中國風味的聖誕樹 · 展期一個月 · Christmas Tree Decorations at Rockville Civic Center Glenview Mansion: Fang Cai, Chihwa Yung, David Cao and Jackie Kwan.
- ❖ 1/29/2011 陳蔚寧、翁幼德到Aspen Hill 圖書館陳列中國新年文化風俗櫥窗，展期一個月 · Aspen Hill Library Chinese New Year Display: Michelle Chang & Sheena Weng
- ❖ 2/05/2011 王淑華、羅茵蘭、蔡芳、梅惠芳、孫郁婷、汪怡瑄在Lake Forest Mall 中國新年活動提供剪紙服務 · Lake Forest Mall Chinese New Year Paper Cutting Event: Sue Yang, Inlan Lo, Fang Cai, Linda Wang, Tiffany Sun and Eshane Wang.
- ❖ 2/05/2011 王淑華、陳蔚寧、趙暢、劉琳玉、陸明之、姜美麗到Silver Spring 圖書館陳列中國新年祭祖台、祖先牌位、蠟燭、香爐、酒茶糖果供品以及十二生肖雕塑品，展期一個月 · Silver Spring Library Chinese New Year Display: Sue Yang, Michelle Chang, Chang Zhao, Linya Liu, Maggie Lu and Nancy Keung.
- ❖ 2/8/07 林淑娟、陳安捷到Twinbrook圖書館的展示牆佈置中國新年風俗及旗袍，展期一個月 · Twinbrook Library Chinese New Year Display: Sue Lin, Amber Chen
- ❖ 2/12/2011 梁麗珠、王淑華、梅惠芳在Rockville Civic Center中國新年活動提供剪紙服務 · Rockville Civic Center Paper Cutting: Brigitta Dai, Sue Yang and Linda Wang.
- ❖ 4/29/2011 王淑華、吳美芳、陳蔚寧、翁幼德為馬大臺灣學生會夜市活動提供剪紙服務 · University of Maryland at College Park TASA Night Market Paper Cutting: Sue Yang, Meeifong Wu, Michelle Chang and Sheena Weng.
- ❖ 5/12/2011 吳美芳、譚明亮、譚思璐、鄧凱文為Gaithersburg Elementary School提供剪紙服務 · Gaithersburg Elementary School International Night Paper Cutting: Meeifong Wu, Mingliang Tan, Lucy Tan and Kevin Teng.

Parent Workshop 家長座談會

CAPSA held five Parent Workshops in 2010-2011. Workshops covered a variety of relevant topics focused on education and parenting. For more information on parent workshops in 2011-2012, please visit <http://www.capsa-mc.org> or ask the CAPSA front desk after August. All parents are welcome!

蒙郡華裔家長學生協會於2010-2011舉辦五次家長座談會。主題都是與子女和教育有關的。歡迎各位家長踴躍參加! 有關2011-2012學年家長座談會詳情, 請在八月後上網<http://www.capsa-mc.org> 覽閱或到CAPSA 課業輔導班查詢。

Date (日期)	Subject (主題)	Speaker (主講人)
10/9/2010	Getting Ready for College 為上大學做好準備	Mrs. Nae Ning Lin MCPS Teacher 林余乃寧 (蒙郡公立學校老師)
11/13/2010	Facing Adolescents 面對青少年	Mrs. Nae Ning Lin 林余乃寧
1/8/2011	Communication and Discipline 溝通與管教	Mrs. Nae Ning Lin 林余乃寧
2/12/2011	The Effective Strategies for Communication and Discipline 細談溝通與管教的方法	Mrs. Nae Ning Lin 林余乃寧
3/12/2011	How to Nurture a Self-Motivated Learner 自發的學習者	Mrs. Nae Ning Lin 林余乃寧

Thank You 感謝

Chinese American Parents and Students Association (CAPSA) would like to express our sincere gratitude to the following coordinators and tutors for their dedicated effort and support to provide tutoring services to new immigrants and other needy students, help them adapt to the MCPS education system.

Lower Elem. School Group

Amber Chen
Lucy Tan
Victoria Xu
Cynthia Chen
Elizabeth Chen
Michael Chou
Michael Fan
Candia Gu
David Gu
Jimmy Ho
Jessica Huang
Elizabeth Hung
Kyle Hwang
Hanna Jia
I-Shiun Kuo
Li-Yun Kwan
Jessica Lau
Erin Lee
Kyle Li
Sophie Li
Jeanine Liu
Sarah Pan
Justin Wu
Jerry Yang
Chelsea Yeh
Jessica Yin

Upper Elem. School Group

Kevin Chang
Catherine Cheng
Tiffany Sun
Jenny Bai
Allison Chen
Jenny Chen
Leslie Chen
Vivien Chen

Upper Elem. School Group (cont'd)

Karie Cheung
Matthew Chou
Brandon Chu
Julia Di
David Ho
Philbert Hwang
Candy Kuo
Megan Le
Rachel Lin
William Lu
Philip Ni
Jessica Shi
Quinn Tai
Jixuan Wang
Allison Wong
Winston Wu
Jingjing Xu
Dennis Yang
Emily Yang
Irene Yang
Ashley Yen
Hana Yen
Tracey Zhai

Middle School Group

Nancy Yue
Jacqueline Kwan
Kevin Teng
Jing-Shuan Chen
Jing-Ting Chen
Kathy Chen
May Chen
Sarah Eng
Michelle Gu
Kaiwei Hsu

Middle School Group (cont'd)

Valerie Hu
Ariel Lai
Patrick Lin
Danting Liu
Edward Lo
Audrey Shi
Wendy Sun
Austin Wei
Libby Wei
Anne Wu
Michael Xu
Eric Zhang
Allen Zhou

High School Group

David Cao
Tiffany Keung
Angela Zheng
Jordan Baeder
Alice Chang
Emmeline Chen
Emily Hu
Jackie Li
Wei Wei Li
Eugene Lin
Sarah Ng
Charles Sheung
Boyan Xia
Jing Xiao
William Yau
Tommy Zhang

Thank You 感謝

Chinese American Parents and Students Association (CAPSA) would like to express our sincere gratitude to the following adult volunteers, teachers and coordinators for their dedicated effort and support to provide tutoring services to new immigrants and other needy student, help them adapt to the MCPS education system, and provide community service and leadership opportunities to qualified high and middle school student.

蒙郡華裔家長學生協會特別感謝下列各位義工、英語班老師和協調員支持本會，為華裔學生家長、新移民及有需要輔導人士提供課業輔導，幫助新移民家庭在蒙郡教育制度中適應生活環境，並提供成績優秀的中學生領導才能訓練和教學機會。

David Cao 曹方圓

Michelle Chang 陳蔚寧

Yeung Ying Cheng 潘陽英

Nancy Keung 姜美麗

Betty Leung 何杏芳

Nae Ning Lin 林余乃寧

Inlan Lo 羅茵蘭

Tom Phillips

Kuodung Shih 施國棟

Tiffany Sun 孫郁婷

Kevin Teng 鄧凱文

Linda Wang 梅惠芳

Victoria Xu 許婉贏

Nancy Yue 岳亦楠

Chang Zhao 趙暢

Fang Cai 蔡芳

Amber Chen 陳安捷

Brigitta Dai 梁麗珠

Tiffany Keung 姜欣欣

John Li 李元聖

Sue Lin 林淑娟

Maggie Lu 陸明之

Lily Shen 余秀雯

Sujuan Shih 顏素絹

Lucy Tan 譚思璐

Ying-Ju Tsai 簡瑛珠

Sheena Weng 翁幼德

Sue-Hwa Yang 王淑華

Chihwa Yung 榮啟華

Qi Zhou 周琦

Kevin Chang 張凱文

Catherine Cheng 鄭凱琳

Terry Fan 范維敏

Jacqueline Kwan 關力潔

Nancy Lin 潘霞萍

Linyu Liu 劉琳玉

Doris Phillips

Karen Shih 施凱倫

Sophia Su 蘇婉如

Ming Liang Tan 譚明亮

Eshane Wang 汪怡瑄

Meeifang Wu 吳美芳

Maggie Yen 邱子雲

Angela Zheng 鄭安琪

Chinese American Parents and Students Association (CAPSA)**Income Statement****May 2010 through April 2011****INCOME:**

Rental Sharing Fee	\$6,716.00
Donation	4,652.62
Other Income	
Decoration Allowance	50.00
Interest Income	83.87
	<hr/>
Total Income	\$11,502.49

EXPENSES:

Facility and Required Expenses	
School Facility	\$6,442.00
Liability Insurance Premium	350.00
PO Box	96.00
Web Expenses	236.20
Office and Operation Expenses	344.87
Weekly Refreshment	800.00
Advertisement	
Newspaper	100.00
Yellow Page	380.00
Events	
Holiday Party	
Party Materials	115.06
Appreciation/Award	
K-12	198.84
Adult Class Teachers	35.78
Adult Volunteers	195.00
Annual Award Ceremony	
Party Materials	75.00
Appreciation/Award	
Adult Class Teachers	78.50
Adult Volunteers	241.50
Coordinators and Seniors	326.50
Tutors and Tutees	507.95
Bus Rider Subsidy	2.00
	<hr/>
Total Expense	\$10,525.20

NET INCOME**\$977.29**

Chinese American Parents and Students Association (CAPSA)**Budget****June 2011 through May 2012****INCOME:**

Rental Sharing Fee	\$7,000.00
Donation	4,350.00
Other Income	
Decoration Allowance	50.00
Interest Income	100.00
	<hr/>
Total Income	\$11,500.00

EXPENSES:

Facility and Required Expenses	
School Facility	\$7,000.00
Liability Insurance Premium	350.00
PO Box	100.00
Office and Operation Expenses	950.00
Copying Costs (toner, cartridge, paper or outside copying)	
Postage	
Teaching Material	
Office and School Supplies	
Equipment	
Weekly Refreshment	900.00
Cultural Presentation	100.00
Advertisement	
Newspaper	100.00
Events	
Holiday Party	
Party Materials	150.00
Appreciation/Award	700.00
K-12	
Adult Class Teachers	
Adult Volunteers	
Annual Award Ceremony	
Party Materials	150.00
Appreciation/Award	1,000.00
Adult Class Teachers	
Adult Volunteers	
Coordinators and Seniors	
Tutors and Tutees	
	<hr/>
Total Expense	\$11,500.00